



ACTIVE ADULT FITNESS CLASSES

CARDIOFIT

Monday, Wednesday OR Friday | 9:15-10:00 am

Try a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus core endurance. This is a higher intensity class.

YOGA

Monday, Wednesday OR Friday | 10:15-11:00 am

Move through seated and standing yoga poses designed to increase flexibility, balance and range of movement.

CLASSIC

Tuesday OR Thursday | 8:30-9:15am
Wednesday | 8:15-9:00 am

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

CIRCUIT

Tuesday OR Thursday | 9:45-10:30 am

The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball.

TAI CHI CHIH (ZOOM)

Tuesday | 10:00-10:45 am

Tai Chi Chih is a gentle moving meditation that brings balance, peace and joy to life. The purpose of Tai Chi Chih is to balance and circulate the natural energy of the body.

All classes above are FREE for SilverSneakers and RenewActive members. For all others, we have Senior Fitness Punch Passes available: 15 classes for \$35 or 30 classes for \$68. Session dates are on going.